

Weekly
SCHEDULE

MON	9 am: Reformer Beginner 5.30 pm: Reformer Beginner
TUE	8 am: Reformer Beginner 2 pm: Reformer 3 pm: Reformer 4 pm: GYROKINESIS® Method Flow
WED	9 am: Reformer Beginner 9 am: Matwork 2 pm: Matwork 5.30 pm: Reformer
THU	8 am: Reformer Beginner 9 am: Reformer Beginner 10 am: Reformer 2 pm: Pre-natal Reformer 5.30 pm: Reformer Beginner 7 pm: Matwork
FRI	4 pm: GYROKINESIS® Method Flow
SAT	8 am: Reformer 9 am: Reformer 10 am: Reformer Beginner 1.30 pm: Reformer Beginner 3 pm: Matwork
SUN	8 am: Reformer 9 am: Matwork 9.20 am: Reformer Beginner 11.30 am: Reformer 5 pm: Matwork